

# SOUTHHAVEN



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## Manager's Message

*This is the day  
the Lord  
has made,*

*We will  
rejoice and  
be glad  
in it.*

PSALMS 118:24



As you would already be aware, I will be relieving Marie-Ange whilst she is on Maternity Leave.

I am a Registered Nurse and have been in Management positions in Aged Care since 2006. Apart from being a Facility Manager for many years, I have also worked in Clinical Governance roles which supports and guides practices for clinical care.

I joined Christadelphian Aged Care as a Facility Support Manager working across all the sites in September 2018, so I have a good understanding of the organisation.

Sarah Ramzey, also a Registered Nurse, is our new Senior Clinical Manager who joined us recently. Sarah is also very experienced and will be managing Treetops and Carla will be managing Blue Gum and Riverside.

We appreciate any feedback you have, whether good or not good. Please fill out a Feedback Form which are located in all areas.

Each month we will be focussing on one of our Christadelphian values:

- \* August – Kindness
- \* September – Excellence
- \* October – Atmosphere
- \* November – Innovation
- \* December – Comfort



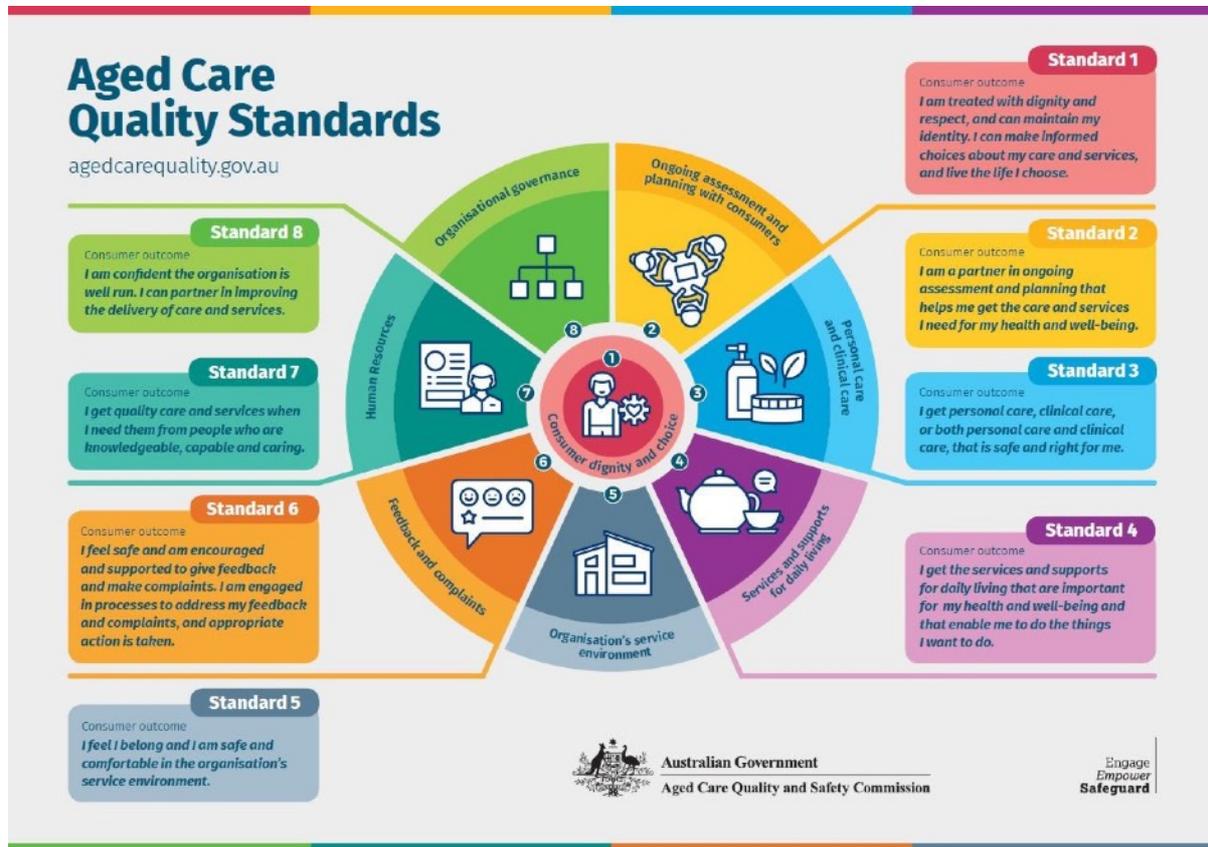
We look forward to meeting you all.

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# Manager's Message cont

As discussed at the last Resident/Relative meeting there are new standards which came into effect on the 1st July 2019.



## Aged Care Quality Standards

- Standard 1- Consumer Dignity and Choice
- Standard 2 - Ongoing assessment and planning with consumers
- Standard 3 - Personal care and clinical care
- Standard 4 - Services and supports for daily living
- Standard 5 - Organisation's service environment
- Standard 6 - Feedback and complaints
- Standard 7 - Human resources
- Standard 8 - Organisational governance

Consumer dignity and choice are at the heart of the new standards – giving every resident the right to choose how they wish their care to be delivered regardless of the setting of that care. The standards reinforce the idea that everyone has the right to be treated as an individual who is able to make their own choices about what's important to them when it comes to care.

We are also reviewing restraints use both physical and chemical.

Kind Regards, **Penny Prior** - Facility Support Manager



# Upcoming Events

SEPTEMBER	OCTOBER	NOVEMBER
<b>Treetops &amp; Blue Gum</b>	<b>Treetops &amp; Blue Gum</b>	<b>Treetops &amp; Blue Gum</b>
<p><b>2nd</b> - ½ Day Bus Trip (<i>Treetops</i>)</p> <p><b>3rd</b> - Menai Bus Trip</p> <p><b>13th</b> - iShine Church Service</p> <p><b>16th</b> - ½ Day Bus Trip (<i>Bluegum</i>)</p> <p><b>17th</b> - Macedonian Cultural Day Celebration</p> <p><b>19th</b> - Club Outing</p> <p><b>23rd</b> - ½ Day Bus Trip (<i>Treetops</i>)</p> <p><b>25th</b> - Pet Therapy with Velette (<i>Bluegum</i>)</p>	<p><b>1st</b> - Menai Bus Trip</p> <p><b>4th</b> - Oktoberfest/German Cultural Day</p> <p><b>11th</b> - Padstow Community Church Service</p> <p><b>14th</b> - ½ Day Bus Trip (<i>Bluegum</i>)</p> <p><b>16th</b> - Resident's BBQ (<i>Treetops</i>)</p> <p><b>21st</b> - ½ Day Bus Trip (<i>Treetops</i>)</p> <p><b>23rd</b> - Pet Therapy with Velette (<i>Treetops</i>)</p> <p><b>30th</b> - Resident's BBQ (<i>Bluegum</i>)</p>	<p><b>4th</b> - ½ Day Bus Trip (<i>Bluegum</i>)</p> <p><b>5th</b> - Melbourne Cup</p> <p><b>8th</b> - St John's Anglican Church Service</p> <p><b>11th</b> - Remembrance Day</p> <p><b>11th</b> - ½ Day Bus Trip (<i>Treetops</i>)</p> <p><b>13th</b> - Entertainment with Patrick (<i>Bluegum</i>)</p> <p><b>13th</b> - Resident's BBQ (<i>Treetops</i>)</p> <p><b>19th</b> - Egyptian Cultural Day</p> <p><b>21st</b> - Club Outing</p> <p><b>25th</b> - ½ Day Bus Trip (<i>Bluegum</i>)</p> <p><b>26th</b> - Resident's BBQ (<i>Bluegum</i>)</p>
<b>Riverside</b>	<b>Riverside</b>	<b>Riverside</b>
<p><b>3rd</b> - Menai Bus Trip</p> <p><b>9th</b> - ½ Day Bus Trip</p> <p><b>13th</b> - iShine Church Service</p> <p><b>17th</b> - Macedonian Cultural Day Celebration</p> <p><b>19th</b> - Club Outing</p> <p><b>30th</b> - ½ Day Bus Trip</p>	<p><b>1st</b> - Menai Bus Trip</p> <p><b>4th</b> - Oktoberfest/German Cultural Day</p> <p><b>11th</b> - Padstow Community Church Service</p> <p><b>23rd</b> - Resident's BBQ</p> <p><b>28th</b> - ½ Day Bus Trip</p>	<p><b>5th</b> - Melbourne Cup</p> <p><b>8th</b> - St John's Anglican Church Service</p> <p><b>11th</b> - Remembrance Day</p> <p><b>18th</b> - ½ Day Bus Trip</p> <p><b>19th</b> - Egyptian Cultural Day</p> <p><b>20th</b> - Resident's BBQ</p> <p><b>21st</b> - Club Outing</p>



*Happy Birthday to you...*

<b>SEPTEMBER</b>	Connie C, Norma P, Jean S, Lilo S, Grace T, Margaret W, Bernadette R, Hazel F & Anna N
<b>OCTOBER</b>	Joan A, Ronald H, Mary D, Margaret D, Peggy L, Dawn N, Judith B, Joseph D, Thelma G, Carl H, Elizabeth L, Tania U, Ted D & Denise W
<b>NOVEMBER</b>	James C, Irena S, Valerie H & Marjorie J



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# Activity Reviews

## PAINTING

Painting is one of the most beautiful creative activities that can help alleviate boredom, keep our loved one's mind busy, and may even help prevent feelings of depression.

At Southhaven, our residents had a great painting session which gives the opportunity to everyone to showcase their talents and connect with others.

It also provides a mental rest that lowers stress and generated relaxation and happy feelings.



## PHILLIPINES CULTURAL DAY

Celebrating Cultural Days helps us all spend some time together and understand and appreciate each other's culture so much more!



Also, it allows us to see how many different forms of music can bring happiness to groups outside of their own traditional roots.

This is what we experienced at Southhaven with our residents, celebrating with them Philippines culture and traditions!

## QUEEN'S BIRTHDAY

The Queen's birthday is an Australian public holiday. Many Australians have a day off work, it is a chance to do something with their family.

At Southhaven Nursing Home, we celebrated the Queen's Birthday by inviting her to join us for a nice afternoon tea, where our residents enjoyed chatting to her majesty while having their nibbles with a glass of wine!!

This was followed by nice music, sing along and a quiz.



# Resident Story - Norman



## UNCONDITIONAL LOVE OF A FAMILY MAN

Southhaven/Riverside resident Norm has a deep passion and love of his family. Norm was born on 02/06/1925 in Lewisham Hospital. He is one of three children (the middle child). Norm grew up in the Mortdale area and loved playing sport including cricket, tennis, football and swimming.

After leaving school, Norm studied and became a cabinet maker, then changed career to work for the Railways repairing trains at Cooks River Goods Yard until he retired in 1989. He still wears his gold watch proudly every day that he received from the railway on his retirement 30 years ago.

Norm loved ballroom dancing and danced every weekend. Sometimes he was the host and MC at Mortdale dance hall on Saturday nights. This is where he met Norma the love of his life. They married two years later at St Declan Catholic Church at Penshurst. Norma and Norm had two daughters Dianne and Kerrie. The family resolved to use public transport for years after Norm sold his near new Austin car for a deposit to buy their new house in Panania. Norm still owns that house 63 years later.

Norm loved Norma's cooking especially roast leg of lamb dinners, rissoles, crumbed cutlets, homemade apple pie and cream washed down with cups of tea.

Norm eventually got another car – a Ford beauty with pink seats. It was an amazing gangster-look car however with a few incidents: the front passenger wheel fell off when Norm was driving; another time back door fell off also while driving; and another time Norm stepped on the brake pedal and his foot went through the car to the ground!! After that Ford, Norm went on to have a Holden, another Ford and the last car he owned was a brand new Magna.

Norm has always been a supporter for the St George Illawarra football team. He often went to watch their games.

Norm is a hardworking family man who worked three jobs seven days a week for many years to provide for his family, so that Norma could stay at home to care for their girls. He worked for Railways, had a detergent run and was an ice cream man.

Norm loved his holidays. He had visited NZ, USA, Hawaii and New Caledonia, enjoyed cruises, and toured Australia. Norm loved going on family trips and attending family functions. He loved his pet dogs, cats and budgies and spoiled them with treats.

Norm enjoyed babysitting his grandchildren and is a great cook making wonderful sandwiches for afternoon tea and cooking great dinners. Norm helped with their homework (his favourite subject is anything to do with maths), took the grandchildren to their sporting activities, on outings or a drive. Norm loves every minute he spends with his grandchildren and great grandchildren.

Norm loves his family unconditionally. His beloved wife Norma passed away suddenly in September 2000, leaving huge void in Norm's life. Norm is loved by his daughters, five grandchildren and 7 great grandchildren. Norm loves to hear about their adventures, seeing photos and their visits.

Norm lived at home at Panania till the age of 89 when ill health struck that he had stayed in hospital for three months. On his 90th birthday, he moved into Riverside of Southhaven.

As Norm's two daughters told his life story, Norm, although very frail at age of 94, has had input on all aspects of his story.

This has been a very special time for Norm and his two daughters reliving the wonderful life of their amazing father. A beautiful journey of love, laughter and at times tears. To walk down memory lane, it has been so special realising their Father is a hardworking family man who loves his family unconditionally.

*Dianne and Kerrie, we hope you have enjoyed reading this remarkable story of Norman Messer, their beautiful Father.*

# Tips for Better Eye Health

As we age, so do our eyes. Including eye exercises as part of our daily exercise can help improve our eye' health and minimise strain, while encouraging your eye to perform at their best. Try these 5 easy eye exercises and remember to breathe naturally while doing so.



1. **Regulate Circulation** – close your eyes for 3 to 5 seconds then open them again. Repeat this exercise at least 10 times, and it will help relax your muscles and increase blood circulation to your eyes
2. **Relax Eyes** – cup your palms over closed eyes and stare into the darkness. Do this for at least 30 seconds, and your eyes will feel more relaxed and rejuvenated once you take your hands away.
3. **Improve Vision Focus** – stand near a window and focus on the windowpane for 5 to 10 seconds. Then change your focus to something far in the distance for 5 to 10 seconds. Repeat this change of focus at least 10 times.
4. **Strengthen Eye Muscles** – sit in a comfortable position then extend your arm and hold out your thumb. Focus on your outstretched thumb for 5 seconds and slowly bring your thumb backwards towards your face, about 5 centimetres from your nose. Keep focus on your thumb again for 5 seconds. Repeat this process 5 to 10 times.
5. **Control Eye Movement** – focus on a point on the floor and visualise a figure eight. Slowly trace around the imagined figure eight with your eyes. Once you complete tracing from one side, you can relax your eyes for a few seconds and trace it from the opposite direction. Repeat 5 times.

## Hug Poem

It's wondrous what a hug can do,  
A hug can cheer you when you're blue.  
A hug can say, 'I love you so'.....  
Or, 'I hate to see you go'.  
A hug is 'Welcome back again!'  
And 'Great to see you!'  
Or 'Where've you been?'  
A hug can soothe a small child's pain,  
And bring the rainbow after rain.  
The hug! There's just no doubt about it,  
We scarcely could survive without it.  
A hug delights and warms and charms.  
It must be why God gave us arms.

Hugs are great for fathers and mothers  
Sweet for sisters, even for brothers,  
And chances are, some favourite aunts  
Love them more than potted plants.  
Kittens crave them, puppies love them.  
Heads of state are not above them.  
A hug can break the language barrier.  
And make the dullest day seem merrier.  
No need to fret about the store of 'em:  
The more you give,  
The more there are of 'em.  
So stretch those arms without delay  
And give someone a hug today.



# Pastoral Care



Is there anything more symbolic of the spirit than light? This physical and more tangible substance has had peoples from the earliest of times connecting with the divine and the spiritual. From sun worship right through to our modern-day fictional themes of light vs darkness, in movies such as The Lord of the Rings or Star Wars; throughout the Bible, and most other faiths this spiritual connection with light is a strong theme.

In the natural world light, the relationship of the sun to the earth, is what helps define the seasons and the battle of light vs darkness is most triumphant during the spring. In this country we are blessed to have so much sunshine, winter is much colder and darker in other parts of the world.



Does your spirit lift when you first notice the lengthening of the days? As the light stretches a little more day by day and the world around us begins to burst forth with life as spring brings back the power of light.

After all nothing much grows in the dark and this is true too of us Humans, in springtime the spirit awakens ready to soar into the sunshine!

I heard a story of a little boy, who with great excitement over a sudden realisation ran with all his might as fast as he could to one of the nuns in charge of his schooling, so fast was he going that he collided with her and was promptly swallowed up by the robes of her habit. As he uncovered his face from the layers of material, he looked up into the brightness surrounding her face and said "Sister! Is God the light?" Smiling down into his upturned little face she replied, "Yes, my son, He is." This moment stayed with him all his life. Whenever he paused to feel the sun on his face, he would soften, and his heart would open as he felt in his soul that he was praying. While he was still a child on visits to the beach, he would see all the people sun baking and he thought they were all praying.

Spiritually sometimes all that we need is to pause, soften and open, just a crack will let the light in, like a budding flower in the spring; it need not be any more complicated than feeling the warmth of the sun with gratitude for its life giving power. Perhaps a small heartfelt prayer, a meditation, connecting with nature, an animal or someone else; remembering the love and beauty in the world. Just a crack in the darkness allows that light, the sunshine of the spirit to rush on in illuminating the heart and soul.

Light is capable of creating so much beauty. The sunrise every morning, then sunset each evening; a rainbow, the glory rays beaming down through the clouds after a storm, the silver lining of a cloud; the gentle play between light and water reflected on the rocks and trees, the right angle of reflection which turns a smooth, still pool into a mirror. What serenity light can bring to the soul!

Embrace the increasing light, feel the warm loving touch of the sun, try to approach spring as though it is the first time you ever experienced it – the first time you ever saw a flower soften and open or a tree growing or bird flying. Open your heart to love and to beauty. Step into the transforming power of light! Pause, soften and open to the sunshine of the spirit.

**By Sherene Noble** - Wellbeing Coordinator, Courtlands

## Bereavements

Our deepest sympathies have gone out to the families who have lost their loved ones over the Winter period.



# Volunteer Corner



## SPOTLIGHT ON A VOLUNTEER - Ros



Last month it was my privilege to speak to the residents from Treetops and Riverside, at Southhaven Aged Care, about my recent trip to Chile.

I am also a volunteer throughout the year for Operation Christmas Child, which is a branch of Samaritan's Purse, an international non-profit organisation started 25 years ago in America by Franklin Graham (the son of Billy Graham).

Operation Christmas Child involves packing a gift in a shoebox for a child in underprivileged circumstances who has never received a gift before. This is an outreach all over the world to show a child that someone loves and cares for them.

My presentation to the residents was the story of my travels to South America to distribute shoebox gifts to the children in the outlying poorer areas of Santiago, the capital city of Chile. Many of these areas have a high rate of crime and violence, also homelessness, poverty, single families and refugees living in sad circumstances.

I also gave a short PowerPoint presentation showing photographs of some of the churches I visited, for the residents to have a better idea of what an impact these simple gifts had on the children receiving them. I brought along some packed shoeboxes filled with approved items to be sent, plus a map and hard copy photographs of the places I visited.

The residents were very interested and they asked many questions. Some were eager to receive a brochure on 'How to Pack a Shoebox' and are willing to do so.

This is a blessing for that child who receives the box, along with the packed gift, a booklet is included - The Greatest Journey, which is an invitation for that child and their family and friends to attend a discipleship course to hear what the Gospel means for them.

Many thanks to Southhaven for inviting me to have this wonderful opportunity to speak to the residents as I always enjoy time spent with everyone at this caring facility.

God bless you all - Ros



*If you are interested in joining the Volunteer program, please do not hesitate to contact us:*

**9782 6010 or [admin@chomes.com.au](mailto:admin@chomes.com.au)**

# Read, Rest & Relax!



## SENIOR ACTIVITIES TO ENJOY THIS SPRING

Spring is the season of rebirth. After a long, chilly winter the birds are singing again, flowers are reaching full bloom, and leaves are bright and green. It's the perfect time to get outside, enjoy the fresh air and try some new activities. No matter your age, there are plenty of ways to stay active, have fun, and appreciate all that spring has to offer.

1. **Do some gardening.** Gardening is undoubtedly one of the best spring activities for seniors. Gardening has mental health benefits, too; it can relax you, reduce your stress and give you a rewarding feeling of accomplishment.
2. **Start a daily walking routine.** Walking is one of the best exercises, and spring is the perfect season to head outside and enjoy a walk. If you can, find a buddy to walk with to help make this a social activity you look forward to daily.
3. **Start spring cleaning tasks.** Getting organised is a great spring cleaning chore, so take a few days and start clearing out some of the items you no longer need on a daily basis.
4. **Enjoy a picnic.** Find a sunny area to sit outside with some snacks and simply bask in the sun to get some much-needed vitamin D.
5. **Feed the birds.** Bird-watching is a stimulating activity many seniors enjoy. You could even hang a bird feeder outside your window to enjoy watching them feast right in the comfort of your room.
6. **Have fun with the grandkids.** Children love being outside, so find some activities you can enjoy together. For instance, kite-flying or drawing pictures with sidewalk chalk.



## Traditional Victoria Cake

- 200g butter, at room temperature, chopped
- 200g caster sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 200g (1 1/3 cups) self-raising flour
- 160g (1/2 cup) strawberry jam
- 300ml thickened cream, whipped to firm peaks
- Icing sugar, to dust
- Fresh strawberries, to serve

Prep: 20mins

Cook: 20mins



1. Preheat oven to 180/160C fan forced. Grease two round 20cm cake pans and line the bases with baking paper.
2. Use electric beaters to beat the butter and sugar in a small mixing bowl until pale and creamy. Beat in the eggs one at a time, beating well after each addition. Beat in the vanilla. Transfer the mixture to a large mixing bowl.
3. Sift the flour over the butter mixture and use a silicon spatula to fold through until evenly combined. Be careful not to overmix. Divide the mixture evenly between the cake pans.
4. Bake for 20 minutes or until lightly golden and springy to a gentle touch. Cool in the pans for 5 minutes, then run a knife around the edge of the cakes to loosen and turn out onto wire racks. Carefully invert cakes on rack so it is right way up and set aside to cool completely.
5. Place one of the cakes on a serving plate and spread with the jam. Dollop with the whipped cream and place the other cake gently on top. Dust with icing sugar. Serve with fresh strawberries.

P<sub>3</sub> U<sub>1</sub> Z<sub>10</sub> Z<sub>10</sub> L<sub>1</sub> E<sub>1</sub>

A<sub>1</sub>

G<sub>2</sub>

E<sub>1</sub>



# Celebrate Spring

**ACROSS**

1. Pools of water that accumulate after it rains
3. Plants that usually have petals
6. Type of raincoat
10. Another name for a polliwog
11. To turn from ice into liquid
12. Planted underground and bud above ground
13. Portion of land where flowers, fruit, or vegetables are grown
14. Type of color that is light and soft rather than dark and bright
15. When flower buds open



**DOWN**

2. Easily recognized yellow flower with trumpet-shaped center
4. Arch of color seen in the sky after rain
5. The color of healthy grass
7. Toy that can be flown in the air
8. Insect with large often brightly colored wings
9. Brown bird with red in front
10. A spring-flowering plant that starts out as a bulb



Answer from Winter Puzzle: One kind word can warm three winter months